1. An ink for ink jet recording, comprising at least a water-soluble colorant, a water-soluble organic solvent, water, and a mixture of two or more compounds represented by formula (I):

R-[(EO)n-(PO)m]k-T

wherein

EO represents an ethyleneoxy group;

PO represents a propyleneoxy group;

T represents an OH group or SO_3M wherein M represents a hydrogen atom, an alkali metal, an inorganic base, or an organic amine;

m and n are each an integer;

k is a natural number of not less than 1; and

R represents

a C_aH_{2a-k-1} group where "a" represents natural number of 4 to 10, or

an Ra-C_aH_{2a-k-2} group where "a" represents natural number of 4 to 10 and Ra represents a group represented by the following formula:

T-[(PO)m'-(EO)n']k-

wherein

EO, PO, T and k each are as defined above; and

n' and m' are respectively n and m,

EO and PO being arranged, regardless of order in the parentheses, randomly or as blocks joined together,

n or n + n' being 1 to 10 with m or m + m' being 0 to 5 when n and m and n' and m' are expressed in terms of the average value for the mixture of

compounds represented by formula (I) contained in the ink.

2. The ink according to claim 1, wherein the compounds, represented by formula (I), constituting the mixture each are such that R represents a C_aH_{2a-k-1} group and T represents an OH group.

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3. The ink according to claim 1, wherein the compounds, represented by formula (I), constituting the mixture each are such that R represents an Ra-C_aH_{2a-k-2} group and T represents an OH group.

5. The ink according to claim 1, wherein the compounds, represented by formula (I), constituting the mixture each are such that R represents a C_aH_{2a-k-1} group, EO represents $-CH_2CH_2O-$, PO represents $-CH(CH_3)-CH_2O-$, and T represents an OH group, R, EO, PO, and T being attached to one another in that order to represent formula R-(EO)n-(PO)m-T.

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6. The ink according to claim 1, wherein the mixture of compounds represented by formula (I) is composed of:

a compound represented by formula (I) wherein R represents a C_aH_{2a-k-1} group and T represents an OH group, R, EO, PO, and T being attached to one another in that order to represent formula R-(EO)n-(PO)m-T; and

a compound represented by formula (I) wherein R represents a C_aH_{2a-k-1} group and T represents an OH group, R, EO, PO, and T being attached to one another in that order to represent formula R-(PO)m-(EO)n-T.